

Border Eagle



Vol. 47, No. 31

Laughlin Air Force Base, Texas ... Training the world's best pilots

Aug. 20, 1999

Newsline

A glance at news affecting Laughlin



Pilot awards

The graduation awards for SUPT Class 99-13 were:

2nd Lt. Richard C. Altobello:

Flying Training Award

2nd Lt. Mark D. Falsani:

Daedalian Award

2nd Lt. Randel J. Gordon:

Distinguished Graduate; Order of Daedalians AETC Commander's Trophy

Capt. Steven J. Hunter: Flying Training Award; Distinguished Graduate; Order of Daedalians AETC Commander's Trophy

Capt. Michael D. Madsen:

Academic Training Award; Distinguished Graduate; Outstanding Officer

2nd Lt. Joseph F. Zingaro:

Academic Training Award

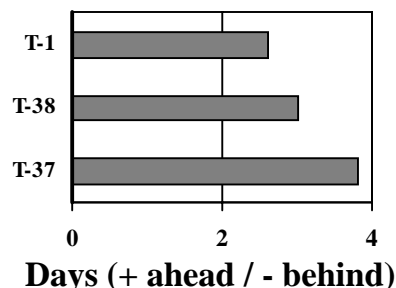
Chapel change

Weekend services will be held in the OTC auditorium. Call 298-5111 for more information.

47 FTW mission status

(As of Aug. 10)

Student Timeline



Sorties flown in FY 99:
58,914

Hours flown in FY 99:
87,572

Pilot wings earned in FY 99:
273

Pilot wings earned since 1963:
11,320

Charred mattress sounds alarm for families to reinforce home fire prevention practices

By John Alexander

Assistant fire chief, 47 CES

Another fire has occurred in military family housing. On August 6 at 7:11 a.m., the fire alarm communication center received a 911 call, from a neighbor reporting a house fire at 8111A Mumbrue St. The neighbor reported that the occupants left the house and went back in with a garden hose to extinguish the fire. Fire fighting crews arrived on the scene and reported smoke coming from the door and windows. Firefighters entered the house and located the fire confined to a mattress. The occupants of the house received smoke inhalation treatment on the scene by medical personnel. They were then transported to the clinic and released. The burned mattress was removed from the residence. They were then extinguished to prevent further damage to the house. The investigation revealed that the fire was started by a four-year-old child who lit the mattress on fire with a butane lighter. Moderate smoke damage was confined to the bedroom and other smoke damage was found throughout the house.

Fire and smoke has caused a considerable amount of damage to Air Force property. So far, in fiscal year 1999, Air Education and Training Command has experienced 27 fire incidents. Two fires involving children have occurred in Laughlin military family housing.



Courtesy photo

An Aug. 6 fire at 8111-A Mumbrue St. destroyed a child's mattress and bedding, and resulted in significant smoke damage in the bedroom and throughout the house. In fiscal year '99, Laughlin military family housing has had two fires set by children.

Fires claim hundreds of lives. One in three residential fires that claim a child's life is also started by a child. To help prevent this tragic toll, the Laughlin Fire Department reminds all parents to take precautions to protect their children and prevent home fires. Simple precautions can stop fires before they start. Look for fire hazards around your home and eliminate any hazards you find as you go about your chores. Parents should take the following safety precautions:

- Store matches and lighters out of children's reach;
- Use only child resistant lighters.

Children are fascinated by fire. Even kids who know they aren't supposed to play with matches and lighters do it. They play with fire, often hiding under the bed or in closets, where fire can quickly spread. Bedrooms rank second only to kitchens as the room where residential fires are most likely to start. Family housing residents should establish a fire escape plan. There should be two means of escape from every room. Decide on a meeting place outside for all family members. Never re-enter your home if there is a fire. Go to a neighbor's home and call 911.

Del Rio community to hold flood memorial ceremony Saturday

By Jim Teet

Public affairs

Del Rio observes the first anniversary of Tropical Storm Charley and its devastating floods with a memorial cer-

emony at 10 a.m. Saturday.

The ceremony takes place at San Felipe Lion's Park to honor nine Del Rio members who lost their lives in the flooding. San Felipe Lion's Club is sponsoring a plaque that lists

the name of each victim. The display will be mounted permanently near the park footbridge over San Felipe Creek.

Del Rio Mayor Roberto Chavira signed

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e scoop**

Commander corner ...

Lt. Col. Bruce Juselis, chief of wing safety, discusses the role of Laughlin in air power.

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Staff results ...

The base announced Wednesday the promotion of 35 senior airmen to the rank of staff sergeant.

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CMSAF speaks ...

Chief Master Sergeant of the Air Force Jim Finch shares his thoughts upon assuming office.

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Commander

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Laughlin mission part of a unique moment in the history of air power

By Lt. Col. Bruce Juselis
Chief, 47th Flying Training Wing safety

An Undergraduate Flying Training base is a tremendously busy place.

Each day is loaded with new challenges. Small battles are waged daily, of which several are won and occasionally some are lost. With this hectic pace, it is easy to lose sight of accomplishments of the Air Force, Air Education and Training Command and the 47th Flying Training Wing team. I would like to focus on the work Laughlin has done and how it fits into the larger Air Force picture during this moment in airpower history.

Despite two of our pilot training bases being closed during this decade, student pilot training requirements have steadily increased.

AETC Undergraduate Pilot Training bases are operating at the highest capacity levels in the history of the command. With fewer pilot training locations, each base must produce more students – given the existing infrastructure. The 47 FTW has led the way by picking up the largest share of this burden, producing more pilots and flying more hours than any other base in AETC.

To put this into perspective, pilots at AETC's UPT bases flew 390,000 hours last year, far surpassing the number of hours flown by pilots in Air Combat Command. Laughlin pilots will fly about 100,000 hours this year. These are truly remarkable accomplishments that are worthy of the highest recognition. Especially noteworthy is that despite the high training tempo, flying operations have been sustained without a major aircraft accident.

This training tempo during the past two and a half years has produced highest caliber pilots for the world's greatest Air Force without the loss of a single aircraft or aircrew member. More than one million hours have

been flown in the T-37, T-38 and T-1 aircraft combined without a Class "A" Mishap during this time period. This was a result of an AETC team effort to embrace the great challenge of increased production while accomplishing the mission in the safest, most professional manner possible. This is a delicate task to accomplish – each AETC team member must decide when it is appropriate to push hard to get the job done and when it is time to slow down to ensure an adequate margin of safety. "Well Done" to all who have made those decisions wisely!

Enjoy this moment in history, for all have contributed to the success we have experienced to date. But the challenges will always be out there and "Murphy" will be lurking around the corner waiting for any opportunity we allow. Be ever vigilant in the fight against complacency while continuing to XL.

A closing thought on how training young pilots here fits into the larger Air Force picture. Many senior Air Force leaders past, present and future will be able to trace their foundation in aviation back to Laughlin.

Air power, as demonstrated in Iraq, Bosnia and Serbia, has the ability to

Air power, as demonstrated in Iraq, Bosnia and Serbia, has the ability to render enemy forces ineffective, degrade the enemies' will to fight and to change the political will of our adversaries.

render enemy forces ineffective, degrade the enemies' will to fight and to change the political will of our adversaries. Recent events in these areas have validated the importance, or primacy, of air power as the primary national instrument of power during conflict. Only air power has the ability to provide dramatic results with the lowest possible casualties to both sides.

Highly trained air warriors accept the risk associated with global air and space dominance to protect the freedoms of U.S. citizens and those of our allies. Every person at Laughlin plays an essential role in the development and training of new air warriors that will continue this great tradition.

Keep up the outstanding team effort as if our national security depends on it – because frankly, it does!

Teamwork key to successful mission accomplishment

By Tom Loose

EAST, Inc., contract manager

With 225 personnel, EAST, Inc. is contracted by the Air Force to provide support to the 47th Flying Training Wing in the following areas: civil engineering operations, supply, vehicle operations and maintenance, fuels management and traffic management.

Team XL – I hear this term frequently around the air patch. In fact, I've even caught myself saying it. But what do we really mean when we say Team XL? Teamwork is defined as "concerted action or effort by members of a group to achieve some common end." Let's break that down a little further as applied to the 47 FTW.

I want to begin with the last part of the definition – "achieve some common end." We refer to "some common end" as our mission – and simply stated, the mission here at Laughlin is to train the world's best pilots. Training pilots includes much more than a student pilot becoming proficient at flying a jet. It includes maintaining aircraft systems, facilities and communications, securing resources, supporting operations, ensuring personal and family needs and comforts are met and every other specialty in the Air Force. Failure in any of these areas impacts our ability to successfully complete the mission.

Let's go back to the definition and look at the "members of a group." We are indeed a diverse group. We do our thing in flight suits, BDUs, blues, whites, jeans, coat and tie, dresses, uniforms and a variety of different attire. We operate, maintain, support, communicate and medicate. We're male, female, from different religious, ethnic, and racial backgrounds, young, old, enlisted, officer, civilian, contractor, family member and on and on. But, we're always WE, the TEAM. We must continually guard against the "us versus them" or "I" attitude, which occasionally undermines our efforts.

Our definition goes on to say "concerted action or effort." This means all people working together – teammates and partners. Working together in pursuit of a common goal is satisfying and productive if we're able to approach it with a positive attitude. Mutual trust, respect and understanding, as

See 'EAST,' page 12

Actionline

Call 298-5351

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the *Border Eagle*. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.

Dan R. Goodrich
Col. Dan R. Goodrich

47th Flying Training Wing commander



AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Social Actions	298-5400
FWA hotline	298-4170

Border Eagle

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Public Affairs officer
Senior Airman Mike Hammond
Editor
Airman Bradley Pettit
Staff writer

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. **Copy deadline is close of business each Thursday the week prior to publication.** Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday. Submissions can be E-mailed to: michael.hammond@laughlin.af.mil or reginald.woodruff@laughlin.af.mil

Visit Laughlin's website at <http://www.lau.aetc.af.mil/>

***“Excellence –
not our goal, but
our standard.”***

– 47 FTW motto

Safety Stats

As of Aug. 19
(Fiscal Year)

	'99	Total '98
On-duty mishaps	4	11
Off-duty mishaps	11	7
Traffic mishaps	2	4
Sports & Rec mishaps	6	3
Fatalities	0	2

Base officials announce promotion of 29 to staff sergeant

Overall promotion rate the highest since beginning of Weighted Airman Promotion System

Twenty-nine Laughlin senior airmen are scheduled to add another stripe to their sleeves and become noncommissioned officers this year.

Wednesday, the Air Force released the list of promotees to staff sergeant. The newly selected NCOs at Laughlin are:

- Bunje V. Adams, 47th Security Forces Squadron
- Dyron T. Allen, 47th Communications Squadron
- Richard S. Arthur, 47th Medical Operations Squadron
- Benjamin Barnhardt, 47 CS
- Traci L. Bowman, 47th Medical Support Squadron
- Anthony S. Burleson, 47 SFS
- William J. Byrd, 47 CS
- Mark A. Collins, 47th Operations Support Squadron
- Martha L. Curley, 47 OSS
- Kasey A. Gibbs, 47 MDOS
- Stacey A. Grabski, 47th Aeromedical Dental Squadron
- Michael B. Hammond, 47th Flying Training Wing
- Maria L. Hitchcock, 47 OSS
- Adam L. Lewis, 47 FTW
- Damion S. Madison, 47 OSS
- William M. M. Miller 47 ADS
- David L. Moore, Jr., 47 MDOS
- Michael J. Morgan, 47 CS
- Matthew A. Norwood, 47 CS
- Kenneth D. Orie, 47 OSS
- Scott M. Parker, 47 ADS
- Daniel Rincones, 47 CS
- Ray Rosa, Jr., 47 ADS
- Paul R. Smith, 47 SFS
- Richard E. Smith, 47 OSS
- Tammie M. Sullivan, 47 MDOS
- Dana E. Watson, 47 FTW
- William E. Woolfolk, 47 OSS
- Carmaneta Yanosko, 47 MSS

Overall, the Air Force selected 16,053 of 44,109 eligible senior airmen for promotion. This represents a 36.39 percent selection rate and is the highest since the Weighted Airman Promotion System began nearly 30 years ago.

The selection rate is a 13.74 percent increase from the 1998 promotion rate and marks the eighth consecutive staff sergeant promotion cycle above the Total Objective Plan for Career Airmen Personnel goal of 16 percent for promotion to staff sergeant.

Of the 4,931 eligible senior airmen in Air Education and Training Command, 1,759 were selected for promotion, representing a nearly 36 percent selection rate. At Laughlin, 29 percent of eligible senior airmen were promoted.

Air Force enlisted members have enjoyed higher promotion rates in all grades during the 1999 cycles. Promotions to senior master sergeant hit a five-year high in March as the Air Force had a 7.98 percent selection rate. Promotions to master and technical sergeant in May were at a 29.7 and 24.4 percent selection rate, respectively.

The average staff sergeant selectee score for this cycle was 294.96 points, based on the following point factors:

130.23, performance reports

62.47, Promotion Fitness Examination

57.36, Specialty Knowledge Test

27.05, time in grade

14.77, time in service

1.78, points for decorations

The average selectee has 3.54 years time in grade and 6.34 years of service at the time of selection. Promotion to staff sergeant is based on the combined value of TIG, TIS, performance reports, decorations and PFE and SKT scores.

Results were released the first duty hour Wednesday. A complete list of the new staff sergeants is posted on the Air Force Personnel Center World Wide Web home page at

<http://www.afpc.randolph.af.mil>.

(Courtesy AFPC, 47 MSS)



WASHINGTON – If something happened to you, would your commander, supervisor or military personnel flight be able to find your emergency point of contact?

In 1998, the Air Force family experienced 167 active-duty deaths, almost half of which were the result of accidents. Although this is not something we like to think about, do you know how long it would take for your family to be notified if there was an emergency involving you?

During the past six months, the Air Force Personnel Center's casualty services branch notified 50 families of active-duty deaths; however, in some cases it took a long time to locate the surviving family

Keeping Emergency Data Card updated saves time, energy, facilitates benefits

members because of incorrect information on the form. Your Department of Defense Form 93, or Emergency Data Card, lists next-of-kin and other persons to be notified in case of emergency, injury or death. In addition, the DD Form 93 designates beneficiaries for death gratuity pay and unpaid pay and allowances.

You must keep your emergency data up to date. The following circumstances make updating your DD Form 93 necessary:

- Change to your spouse's, children's or parent's address;
- Change to your marital status;
- The birth of a child;
- The death of any person(s) listed on the form.

Take the time today to visit your local customer service element in the military personnel flight and ensure the information on your form is up to date. Make sure you don't add any additional burden to your family during a time of personal crisis.

Information on the DD Form 93 can be found in Air Force Instruction 36-3002, Casualty Services. More information on casualty assistance can be found at <http://www.afpc.randolph.af.mil>, by clicking on the left button labeled Casualty Services.

To provide feedback on articles or suggest future topics of interest, e-mail People First at people.first@pentagon.af.mil.

(AFPN)

**Deadline for submission of material for the
Border Eagle is Thursday, the week prior to publication.**

The *XLer*

Hometown: Del Rio.

Family: Wife, Maria; sons, Guadalupe and David; daughter, Brenda.

Time at Laughlin: 33 years.

Time in service: Two years Army, eight years AAFES, 25 years civil service.

Why did you join the Air Force? I have always enjoyed the military – both working for and serving the best!

Name one way to improve life at Laughlin: Provide an eating establishment on Saturdays and Sundays for those who work here.

Greatest accomplishment: My relationship with God.

Long-term goals: To retire and go back to school.

Hobbies: Fishing.

Favorite food: Spare ribs.

Favorite beverage: Cola.

Bad habit: Not staying on a diet.

Motto: Treat others as you would like to be treated.

If you could spend one hour with any person in history, who would it be and why? My maternal grandfather. I would like to have known him.



Photo by Zenaphir Bond

Guadalupe Aguirre
Defense Commissary Agency

Chapel Schedule

Catholic

- Daily Mass 12:05 p.m.
- Saturday Mass 5 p.m.
- Sunday Mass 9:30 a.m.
- Confession 4:15 - 4:45 p.m. Saturday, or by appointment.
- Choir 6 p.m. Thursdays.
- Sunday school 11 a.m., religious education building.

fellowship hall.

- Sunday School, 9:30 a.m., religious education building.
 - Awana, Wednesdays, chapel from 6 - 7:30 p.m.
- (For more information on AWANA, call Mike or Karen Silver at 298-3247.)

Jewish

- Max Stool
- 219 West Strickland St.
- Del Rio, Texas
- Phone: 775-4519

Protestant

- General worship 11 a.m.
- Bible study video luncheon 11 a.m. Thursday, chapel

For more information on chapel events and services, call 5111.



Congress scrutinizes ‘double- dipping’ ban

By Staff Sgt.
Michael Dorsey
Air Force Print News

WASHINGTON — A provision in the fiscal 2000 Defense Authorization Bill to lift the ban on dual compensation could increase employment opportunities for retiring officers looking to continue working for the federal government.

Known as double-dipping, the 20-year-old dual-compensation law has two parts. In addition to retired regular military officers forfeiting half their retired military pay over \$10,450.77 (an inflation-adjusted amount), the other restriction concerns a \$110,700 cap from the combined total of military retired pay and federal civilian salary for all military retirees.

Under the current law, about 6,000 retired regular military officers now working for the federal government receive reduced retired pay. Should the bill pass, these officers will receive full military retirement pay to go along with their civil service salary beginning Oct. 1.

The restriction does not apply to enlisted retirees.

Though not yet official, the bill is expected to pass in both the House and the Senate in September. There is no plan for retroactive payments, according to Air Force officials.

Sharon Seymour, external staffing policy team chief for Air Force civilian personnel, said lifting the restriction Oct. 1 may help recruit former military officers for civilian federal positions that are hard to fill, such as those requiring rated expertise.

“There are provisions to get waivers to staff those hard-to-fill positions and this office staffed those waivers,” Seymour said. “Now we won’t have to impose that process. This helps to initiate hiring military officers from a variety of scarce skills.”

‘Flood,’ from page 1

a proclamation in June that dedicates Aug. 21-28 as, “Hope, Remembrance and Recovery/Esperanza, Recuerdos y Recuperacion” Week. The mayor will deliver the keynote speech at the ceremony. Also scheduled to speak are: Rep. Henry Bonilla; State Sen. Frank Madla (19th District); and State Rep. Pete Gallegos (74th District).

Other community activities are scheduled to take place during the week. These include a community hope gathering and candlelight ceremony at the park amphitheater Saturday evening; local church bells ringing at noon Sunday; and the placement of a time capsule at the Del Rio Convention Center Aug. 28.

From the Blotter (47th Security Forces Squadron)



Aug. 5, 7:35 p.m. A retired member was detained at the main gate for driving under the influence of alcohol. After failing a field sobriety test, the individual was turned over to the Val Verde sheriff's office for action.

Aug. 6, 7:11 a.m. Security forces patrols were dispatched to a house fire in the enlisted housing area. The fire department extinguished the fire.

Aug. 10, 12:14 a.m. A base entry controller detained three individuals at the main gate. It was determined they were Mexican citizens who had illegally entered the United States. U.S. Border Patrol took the individuals into custody.

Aug. 11, 2:24 p.m. A base entry controller observed a vehicle fire on U.S. Highway 90. The blaze was extinguished by base firefighters. The cause was not determined. Del Rio Fire Department and state troopers assumed control of the scene.

With the start of the school year, children are out at bus stops and in the housing areas. Speed limits in these areas will be strictly enforced.

Texas law and Air Force regulations require that all vehicles operated in the state are registered and insured. Citations will be issued for vehicles not in compliance.

EMERGENCY CALL 911, NON-EMERGENCY CALL 5100

47th Medical Group

Some people aim too high when setting personal goals and others aim too low. In doing so, they set themselves up for disappointment or failure.

Here are some suggestions when setting expectations.

■Do a personal assessment of your positive attributes: Are you a good listener? Are you patient? Are you eager to learn new things? An honest assessment of who you are may help achieve a desired result.

■Keep a positive outlook. It's no secret that people who feel good about themselves perform better. Staying positive, even in the face of adversity, can help you reach your goals faster.

■Don't use others as a measuring stick. The failure or success of others is only a reminder that failing or succeeding is possible.

Expect the best of yourself, not perfection. You'll soon find yourself accomplishing many things.

(Courtesy Laughlin Life Skills Clinic)

Shelter, water key to combat heat exposure

By Airman Bradley Pettit

Staff writer

As the mercury in the thermometer rises, so should heat threat awareness.

Heat exposure, especially in this part of the country, has hospitalized many people and even caused death.

"Heat exposure, dehydration and heatexhaustion can all be defined by the loss of body water," said Senior Airman Scott M. Parker, aerospace physiology journeyman, 47th Aeromedical Dental Squadron.

Several different forms of heat exposure exist, varying from bad to worse depending on the extent of each and how it is handled.

Heat exhaustion is a reaction to extensive heat, marked by excessive sweating, weakness, dizziness and collapse, said Parker. This can be prevented by drinking plenty of water, avoiding strenuous exercise in hot weather and by not over exerting oneself, he continued.

Heat stroke is the killer of all heat exposure. "When people experience heat stroke, they actually lose the ability to sweat," Parker explained. "Their cooling mechanisms shut down and they are incapable of lowering their body temperatures."

In cases like this, victims must be rushed to the hospital. Also, since they can not cool themselves, it is important that someone use any means available to bring the victim's temperature down, Parker continued.

Fanning the victim with something or dousing them with water might do this.

"The average temperature for Laughlin in August is very hot," said Capt. Joe Schwarz, 47th Operation Support Squadron, weather operations flight commander. "August is a transition month. It tends to be hotter at first and cool down later. This year's average maximum temperature for August so far is 103 degrees, and that is actually cooler than last year. Last year, there were 54 consecutive days over 100 degrees."

"The most important way to combat heat exposure is to dress for the occasion, drink plenty of fluids prior to going into the sun and limit time in the heat," said Parker. "Sheltering yourself from the heat is very important!"

"I once read about a guy and girl whose car broke down in the middle of Big Bend National Park," noted Parker. "The girl decided to go walk for help first. The guy followed shortly after. The girl sat under a tree for the hottest part of the day, while the man attempted to walk straight through. After walking nine miles, the man died of heat stroke. But, since the woman sheltered herself from the heat for the hottest part of the day, she made it 16 miles, found help and survived," Parker emphasized.

"Though we are in a desert climate, we aren't stranded," said Parker. "As long as everyone stays aware of the heat and takes precautions, there should be no limit to summer sun activities."

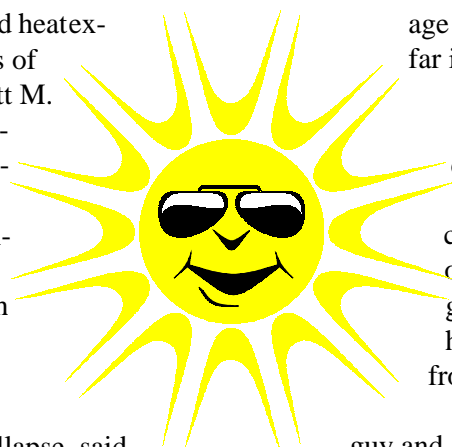


Photo by Airman Bradley Pettit

Roland Gonzalez, a material handler for Lear Siegler Incorporated, stops at a hydrant to get relief from the more than 100-degree heat here Wednesday.

No. 13 not always unlucky

By CMSAF Jim Finch

First things first: I am honored and humbled to have been selected by the chief of staff, Gen. Michael E. Ryan, to serve as your 13th chief master sergeant of the Air Force.

Some of you may look at the number 13 and worry about it being an unlucky one for me. Just to set the record straight, I consider myself extremely lucky. I have the good fortune to serve with and for the finest men and women in the greatest Air Force in the world.

I want to take a moment to mention a few things on my mind as I assume office. I hope these thoughts will be of interest to you and, where applicable, maybe even help you.

We are, as has been said many times this year, at the doorstep of the new millennium. This is also a time of tremendous change for the Air Force. But that shouldn't be cause for concern. On the contrary, it's a wonderful opportunity for all of us to step up and be a part of the evolution of the Expeditionary Aerospace Force.

Looking toward the EAF and our bright future should also encourage us to look back. We need to look at our heritage and our history to help us see the way on our trek forward.

Ours is a proud heritage.



From 1947 until today, the United States Air Force has been at the cutting edge. Whether it's air or space, we've continually led the way. We've done that, in large part, by recruiting our nation's very best people, through our world-class training and education programs, and through very hard work.

To continue this tradition of excellence, even in the face of today's high operation tempo, we all must constantly strive to improve. Our heritage tells us we were taught and given all of the tools we would ever need to be an effective enlisted corps at basic military training. Indeed, the roots of our core values are firmly entrenched there: integrity, service before self and excellence in all we do.

As a matter of course, we should all go back and dust off the foundation we were pro-

vided at BMT, especially when challenged by events of the day. And we should reinforce in ourselves – younger airmen, non-commissioned officers and senior NCOs – that which made us successful there.

Also, as we transition to the EAF, we should recommit ourselves to making sure our troops have the correct information concerning important issues and put an end to the "rumor-mill" method of passing on the word.

Our people are far too important for this kind of misinforming. We should never give them what we "think" are the right answers to their questions. All of us must take the time to get them the facts on issues such as Tricare, pay and benefits, and promotions and the assignment system, to name a few. After all, our first- and second-term airmen will use this information as they make decisions about re-enlisting and making the Air Force a career.

One last thing: I want to thank retired CMSAF Eric Benken, and all of the former chief master sergeants of the Air Force, for laying the foundation upon which I now begin to build. Without their leadership and contributions, I wonder where the enlisted corps would be today. I hope to do them proud in my service to you.

(AFNS)

Tricare Prime reenrollment now automatic

Re-enrolling in Tricare Prime has never been easier! Tricare Prime members are now automatically re-enrolled at the end of their enrollment year.

As a Prime member, you will receive a re-enrollment notice in the mail 30 days before the end of your enrollment year. This will be the only notice you receive. Active duty family members enrolled in Tricare Prime will be automatically re-enrolled each year, unless action is taken to disenroll. As a retiree or a family member of a retiree, you will also be automatically re-enrolled. However, you will need to send in your enrollment fee, along with the re-enrollment notice. If your enrollment fee is not received with the annual renewal, you cannot be re-enrolled. Should you change your mind later, you may re-enroll in Tricare Prime at any time.

If you wish to disenroll from Tricare Prime, sim-

ply indicate so on your re-enrollment notice, and return it to Foundation Health Federal Services. Beneficiaries who choose not to re-enroll in Prime may use Tricare Extra or Tricare Standard.

So that you continue to receive your re-enrollment notices and other program information, please inform both FHFS and the Defense Eligibility Reporting System of any change in address. DEERS may be reached at 1-800-538-9552, or on the Internet at addrinfo@osd.pentagon.mil. You may notify FHFS by calling or stopping by your local Tricare Service Center.

Stay informed about your health care. For more information about the automatic re-enrollment process, contact your local Tricare Service Center, or call 1-800-406-2832, option 3.

(Courtesy 47 MDG Tricare flight)



Please ... Recycle



Volunteers needed: Base chapel's AWANA program seeks leaders to share time, talents with Laughlin youth

Editorial by Lt. Col. Mike "HI HO" Silver
85 FTS commander, AWANA commander

Looking for an exciting, rewarding program for your children at Laughlin? Then the base chapel's AWANA program is your answer!

AWANA is an international, nondenominational, Bible-centered youth organization for children from age 4 through the sixth grade that meets at the base chapel. AWANA comes from the first letters of the Bible passage Approved Workmen Are Not Ashamed, from 2 Timothy 2:15.

The children participate in three areas each week: *council time*, where bible lessons are taught through stories and song; *handbook time*, where children complete sections in the appropriate workbooks; and *game time*, a period of fun, competitive team sports to encourage good sportsmanship."

The program is built upon four main goals. They are:

- **evangelism** – to reach as many boys and girls as possible with the Gospel.
- **education** – to teach club members about the Word of God.
- **training** – to train children and adults how to spread

the Gospel to others.

■ **outreach** – to reach the families of AWANA members and others in the community.

"During last year's 28 weeks of AWANA, an average of 100 children and 40 leaders were at the chapel every Wednesday evening," said Chaplain (Maj.) Frank Hamilton, 47th Flying Training Wing senior Protestant chaplain. "This represented 7,840 feet which walked in the building, 4,340 cups of water served, and more than 2,000 cars pulling through the parking lot to drop off children – and all that with no accidents. This program is a true representation of the versatility and breadth of the chapel

bringing together Protestants and Catholics who attend the chapel or a downtown church – all to teach our children about Christ," the major continued.

"This program is contagious," said Chaplain (Lt. Col.) James Hough, 47 FTW wing chaplain. "Our vol-

unteers give a tremendous amount of time and energy to the children, but they get an equal amount back through their energy, enthusiasm and joy."

The 99-00 AWANA year is scheduled to begin Sept. 8 and conclude May 10, 2000. Our prayer is to make AWANA a positive experience for Laughlin and community children. The more adult helpers we have, the more personalized the program becomes."

More than 20 of the 40 leaders from last year's program permanently changed station; therefore, new volunteers are needed. Many positions are still vacant, so whatever talents and time you have to offer can be used. Participating in any ca-

capacity will be a blessing to both you and the children.

If you have any questions, concerns, or want to become part of this exciting program, contact the AWANA chapel advisor, Chaplain Hamilton, at 298-5111.

"This program is contagious. Our volunteers give a tremendous amount of time and energy to the children, but they get an equal amount back through their energy, enthusiasm and joy."

-Chaplain (Lt. Col.) James Hough
47 FTW wing chaplain

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well as honest communication, are key ingredients to a positive attitude. These traits provide the mortar for a successful team or partnership. However, mutual respect doesn't come quickly or easily. It takes effort and must be earned by all parties. To maintain the status of premier pilot training base, Team XL needs the talents, dedication and "concerted actions and efforts" from all members of the team. As a contractor and an integral member of the team, I recognize the importance EAST, Inc. personnel provide to the wing's mission.

As one of only a few Air Force bases utilizing a civilian contractor for base operating support functions, Laughlin is in a unique position of working through a wide range of challenges. How well or poorly we all work together as partners to accomplish our joint tasks will set important precedents for future contracts of similar character. We at EAST, Inc. are proud to be part of such a great team and look forward to a continued strong association with our teammates.

Team XL is firmly entrenched on the playing field and serving notice that it is the best. Huddle up! Next play is the 47 FTW into the 21st century – on 2. Break!

Where are they now?

Name: Capt. Dan Striedieck

Class/Date of graduation from Laughlin:
Class 92-03, December 1991.

Aircraft you now fly and base you are stationed at: F-16CG Block 40, Moody Air Force Base, Ga.

Mission of your current aircraft: Precision-guided munitions, defensive counter air, close air support, killer scout.

What do you like most about your current aircraft? Everything.

What one thing do you dislike about your current aircraft? Nothing.

What was the most important thing you learned from your time at Laughlin, besides learning how to fly? How to handle stress and pressure.

What are your most memorable experience from Laughlin? Opening my big mouth and having my class ranking plunge. Hooking my T-38 contact checkride.

What piece of advice would you give SUPT students at Laughlin? Don't get fatalistic in



Air Force photo of F-16

Tweets because your grades or performance didn't reflect what you thought they should. If you're good, it'll come out later. Give it your best shot and don't look back. There are no bad assignments in the Air Force. If you get a Herc and you wanted to fly fighters, be the best darn Herc pilot they ever saw. Turn lemons into lemonade. When you finally realize that C-130s are a great assignment, they might offer you cross-flow into fighters.

Question of the week What will you do with your free time now that your children are in school?



Spend as much time as I can with my 4 year old and the baby that is due in two weeks!

Lezley Victory
47th Communications Squadron



The Air Force is going to take up my free time. Many projects are forthcoming, including the Air Show.

Maj. Alan Shafer
47th Flying Training Wing



Free time? I think not. My daughter goes back to school at the same time I go back to work.

Lori Kipfmiller
47 CS



Free time? Ha ha ha!

Lt. Col. Barbara Stewart
47 FTW inspector general

Personal trainer paves way for health-conscious members

By Airman Bradley Pettit
Staff writer

Hours spent lifting, stretching, running and sweating on the road to physical fitness can be a long lonely journey.

Luckily, people at Laughlin have someone to motivate them and show them the way.

Senior Airman Jennifer L. Nalls, 47th Services Division, is the personal fitness trainer for the XL Fitness Center.

"I evaluate the personal fitness of clients, design health programs and motivate people to workout," said Nalls. "I help people reach their personal goals. I love to see a smile on the face of someone who comes in after being on a program for just a short time, but has achieved or surpassed his goal."

One of the main aspects of a personal trainer's job is educating people about physical fitness, said Nalls. A lot of people don't realize they're out of shape until they come to the fitness center. They may look good in uniform, but that doesn't mean they are in excellent physical condition, she continued.

"When people want to set up an effective exercise program, we go over what they would like to achieve. If they set a goal that I think might be too far out of reach, I suggest another goal which might be more attainable. Then, once that goal is reached, another can be set and shot for in the future," Nalls explained.

These exercise programs last four weeks each. At the be-

ginning of each program, a battery of physical fitness assessment tests is performed to gauge the general health of a client prior to beginning a program. These tests include a one-minute push-up and sit-up test that measures a subject's endurance and a sit and reach test to gauge flexibility. Also, a one and a half-mile run and bench and leg presses are done to determine to aerobic ability and strength, Nalls continued. After these tests are done, a good starting point for effective training can be constructed.

"I love to push people," said Nalls. "If I notice someone hasn't been coming to the gym for a while, I'll call them and find out why they aren't. I give them personal attention, counsel them on how to achieve their success and dole out nutrition information to help them learn how to eat correctly."

"For the first week of every program, I actually show them how to work out and teach them the proper form for certain exercises," she explained. Some people already have exercise equipment at their houses, but don't know how to use it. But, even if they have an idea of how it works, they might not know the proper form for a certain exercise, which could get them hurt, added Nalls.

"After the fourth week of the program is over, clients come in the office and I go over their progress. My most successful case was a person who came in with a body fat ratio of 32.7 percent, and after six and a

half weeks was down to 18 percent body fat," said Nalls. This person always showed up and did everything we went over that should be done.

To succeed in your physical fitness goals, you have to be motivated and stick with it. You can't just come in sometimes and expect to see a great deal of progress, emphasized Nalls. It takes a lot of work and motivation, but it can be done.

"A lot of people have the misconception that all we do at the fitness center is hand out towels, but Senior Airman Nalls is the perfect example of the variety of things we are responsible for. She takes care of people and helps them stay healthy and in shape," said Tech. Sgt. William Mayo, non commissioned officer in charge of the fitness center. "Our goal is to make sure that people go into the new millennium happy and physically fit."

People seem to be realizing the importance of exercise. They now know that it isn't just for athletes, but for everyone, said Nalls. Society seems to be becoming more health conscious and people are taking care of themselves.

"Fitness isn't one thing in particular, explained Nalls. It is a variety of things. Personal trainers bring all of these things together and put great health within reach of every client. "Our goal is to see our client's reach their goals."

For information on fitness programs, call the XL Fitness Center at 5326.



Photo by Airman Bradley Pettit

Nalls measures the body fat ratio of Master Sgt. Timothy P. Griffin, 47th Communications Squadron, as part of her personal trainer duties.

Air show meeting

The next Air Amistad '99 concessionaires meeting is scheduled for Aug. 31 at 9 a.m. in the 47th Operations Group conference room, building 328. Organizations interested in setting up a food booth for this year's air show are asked to attend.

If you have any questions, contact Master Sgt. Linda Clark at 5856 or Capt. Anthony Holmes at 5857.

Travel vouchers

Organizations can get all necessary travel vouchers, continuation sheets and forms from the DoD publications Internet site: <http://web1.whs.osd.mil/icdhome/DDEFORMS.htm>. The site is case sensitive.

Officials who prepare and approve unit orders should provide copies of blank vouchers/forms to travelers prior to trip departure to aid travelers in tracking their itinerary and expenses.

For more information, call 5215.

Evaluation system change

Members of Corona Top '99 approved eliminating the officer evaluation system policy prohibiting professional military education and advanced academic degree completion of/enrollment in comments on field grade promotion recommendation.

Currently, PME and AAD comments on promotion recommendation are only appropriate to document extraordinary achievement. Air Force headquarters has taken the constraints off this policy to allow senior raters the flexibility to document all PME and AAD on field grade and senior grade PRFs. This policy change will be effective during the Nov. 30 lieutenant colonel promotion boards and will better meet the needs of senior raters and benefit the officer.

The policy for captain promotion recommendations remains unchanged, PME and AAD comments remain prohibited, except for extraordinary achievements.

For more information, call Mary Heinrich at 5246.

AFA elections

The Air Force Association will have its next quarterly meeting Sept. 14 at 6:30 p.m. in Club XL's Daedalian Room. Elections for new AFA officers will be conducted, and quarterly awards will be presented to several safety and 47th Operations Group members.

Their will be plenty of food and drink. No reservations are needed.

For more information, please call Lt. Col. Jason B. Barlow at 5982 or James S. Long at 775-7372.



Photo by Staff Sgt. Reginal C. Woodruff

Bountiful blossoms

Yolanda Griffin prunes Globe Amaranths at her home in the senior enlisted housing area. Griffin and her husband, Master Sgt. Timothy Griffin, 47th Communications Squadron, are the yard of the month winners in the enlisted category. The other winners are Capt. Carla Wade, 47th Medical Group, and her husband, Jeff (mobile home), and Maj. Dennis Moore, 85th Flying Training Squadron, and his wife Deborah (officer housing).

Prescription renewal

Beginning Sept. 1, the primary care/internal medicine clinic will renew prescriptions on a walk-in basis from 3-4 p.m. Monday-Friday, excluding holidays. This policy will allow providers to discuss health concerns with patients directly. Request for prescription renewals will not be accepted at other times throughout the day to decrease interruptions for patients with scheduled appointments.

This program only applies when a prescription has no refills left. It is simply a means to ensure that a limited supply of medication is available to patients until a follow-up visit can be scheduled. The pharmacy will continue to handle patients with refills remaining on prescriptions in the usual manner.

Remember to plan ahead and schedule follow-up visits to avoid running out of medication.

For more information, call the primary care clinic at 298-6362.

NCOA and PMEGA meeting

A meeting of the Noncommissioned Officers Association and Professional Military Education Graduates Association is scheduled for 11 a.m. Aug. 27 at the enlisted heritage hall.

These professional organizations provide Laughlin members a chance to get involved in base and community activities. Airmen as well as NCOs are welcome to attend and see the good things NCOA and PMEGA are doing.

For more information, contact Tech. Sgt. Chris Clauser at 5441.

Golf tournament

The '99 Enlisted Combat Dining-Out Golf Tournament will be Aug. 28 starting at 8:30 a.m. at the Leaning Pines Golf Course.

It will be a four-person best-ball scramble tournament. First-, second- and third-place prizes will be awarded to the top teams. Individual prizes will also be awarded for longest drive and closest to the pin.

The entrance fee is \$25 and pays for golf prizes and lunch. Green and cart fees are extra and must be paid at check-in.

Mulligans can be purchased at two for \$5, limit is two per team, one per nine holes. Red tee advantage is \$5, two per team limit. All proceeds will be used for the enlisted dining out.

Hot dogs and hamburgers will be available. Teams must register by Monday.

For more information, call Tech. Sgt. Howard Thompson or Staff Sgt. Aaron Thieken at 5861 or 5332.

Induction ceremony

There will be a noncommissioned officer induction ceremony during the enlisted promotion ceremony Aug. 31 at Club Amistad. Everyone is encouraged to attend.

For questions, call Master Sgt. J.D. Donnett at 6373 or contact any first sergeant.

Recycling

The recycling center cannot accept tires, batteries or plastic containers with oil residue. If the recycler the base turns in plastic to finds one container with oil in it, the whole shipment of plastic is rejected.

Plastic containers with oil can be taken to the Auto Hobby Shop or to one of the businesses in Del Rio that offer oil change services.

Automotive batteries and tires can be taken to the businesses in Del Rio that offer those items for sale.

For more information on recycling, call 5247.

